

Food Guide Pyramid

for Young Children

A Daily Guide for 2- to 6-Year Olds



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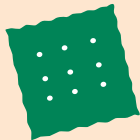
Serving Size by Category

FOOD GROUP

Bread, Cereal, Rice & Pasta



Vegetables & Fruit



Milk, Yogurt & Cheese

Meat, Poultry, Fish, Beans, Eggs & Nuts**

Fats, Oils & Sweets

TODDLERS (AGES 2-3 YEARS)*

1/3 cup cooked cereal, rice, pasta
2/3 oz (2/3 cup) ready-to-eat cereal
2/3 slice bread or 2/3 of a 7" tortilla
1/3 roll, bagel, or English muffin
1 3" pancake
6 animal crackers



2/3 cup raw leafy vegetables
1/3 cup cut-up fresh, canned, or cooked fruit
1/3 cup cut-up fresh, canned or cooked vegetables
1/2 cup juice
1 small orange, or apple, or banana
1 small baked potato



1 cup milk or yogurt
1 1/2 oz natural cheese

2 oz processed cheese
2 oz cooked lean meat, poultry, fish
2/3 cup cooked beans/peas
2 2/3 Tbsp peanut butter
2 medium eggs



Use sparingly

PRESCHOOLERS (AGES 4-5 YEARS)

1/2 cup cooked cereal, rice, pasta
1 oz (1 cup) ready-to-eat cereal
1 slice bread or a 7" tortilla
1/2 roll, bagel, or English muffin
1 4" pancake
9 animal crackers

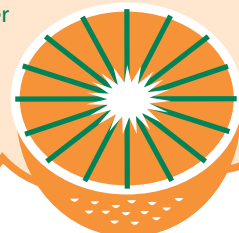


1 cup raw leafy vegetables
1/2 cup cut-up fresh, canned, or cooked fruit
1/2 cup cut-up fresh, canned, or cooked vegetable
3/4 cup juice
1 medium orange, apple, or banana
1 medium baked potato



1 cup milk or yogurt
1 1/2 oz natural cheese

2 oz processed cheese
2-3 oz cooked lean meat, poultry, fish
1 cup cooked beans/peas
4 Tbsp peanut butter
2 large eggs



Use sparingly

* Serving sizes for toddlers are 2/3 of the sizes recommended for preschoolers and adults, with the exception of milk and milk products for which the equivalent of 2 cups of milk is recommended.

** The quantities of meat/poultry/fish recommended per day are: 3.5 oz for toddlers, 5 oz for preschoolers and postpartum non-breastfeeding women, and 6 oz for pregnant and breastfeeding woman. One ounce of meat/poultry/fish is equivalent to 1 egg, 2 tsp peanut butter, and 1/2 c. cooked beans.

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